■THE CURTAIN RISES ON YET ANOTHER FATE/STAY NIGHT SPIN-OFF SERIES.

Fukuyi City
Yuck.
It's starting to snow
Mount Miyama Shopping District
Lessee, kakusan, oh it's cheap. And some mayonegi.
This is a story
Shun-giku...
If it's this cold out already, I guess I should plan to make something hot for dinner.
sigh
Some mushrooms would be nice too.
That just leaves the fish
about one household,
Okay.

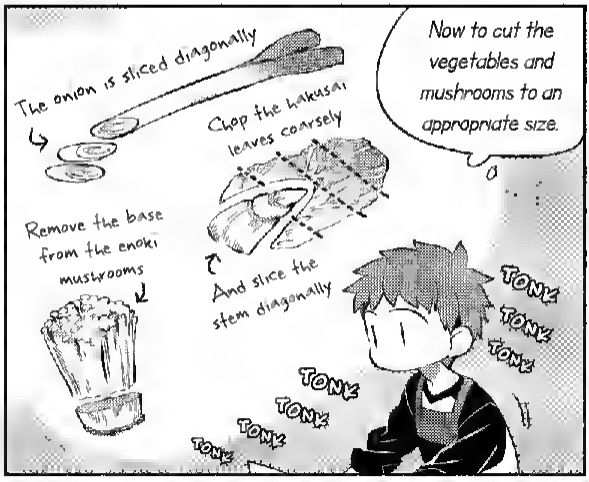
and their uneventful daily lives.
I guess that's about all we need.
... We've got a lot of mouths to feed lately
Hold on a second!
What about the Holy Grail War!?
What's Cooking at the Emiya House Today?
漫画：TAa
原案：TYPE MOON
料理監修：日野まこと

Welcome home
Shiro.
Ch. 1 Piping Hot Yosenabe

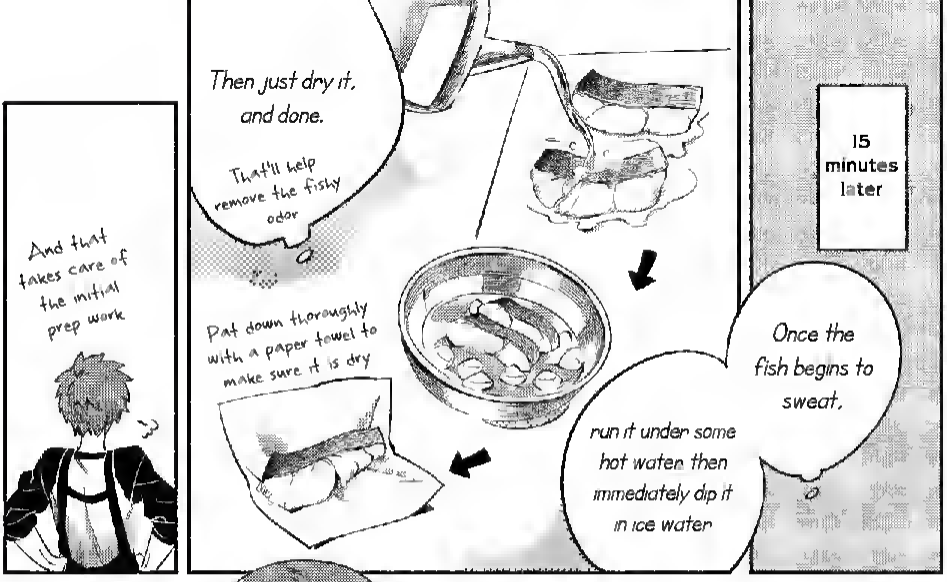
Hi Saber, I'm back.
It is rather cold out today,
Hehe. Your nose is red
rush rush
so please hurry in and get warmed up.
The heater in the living room is already running.
sizzle
sizzle

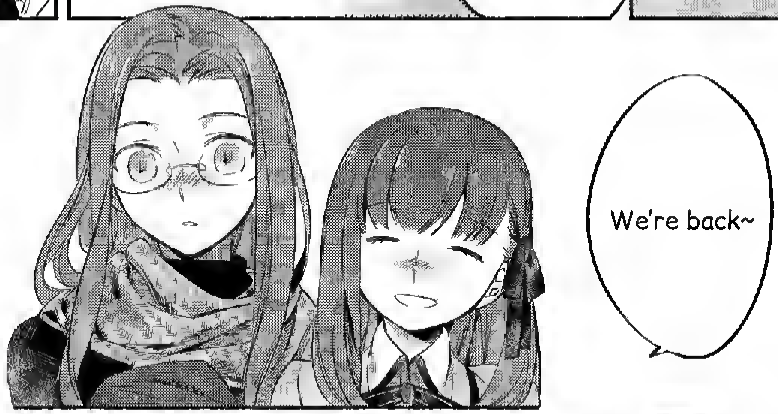
Shiro, what are we having for dinner tonight?
Since it's so cold, I was thinking of going with something hot
Yosenabe
Nabe!

The fish today is cod
Then sprinkle some salt on the fish...
and let that sit for 15-20 minutes


Now to cut the vegetables and mushrooms to an appropriate size.
The onion is sliced diagonally
Chop the hakusai leaves coarsely
Remove the base from the enoki mushrooms
And slice the stem diagonally
TONK
TONK
TONK
TONK
TONK
TONK
TONK

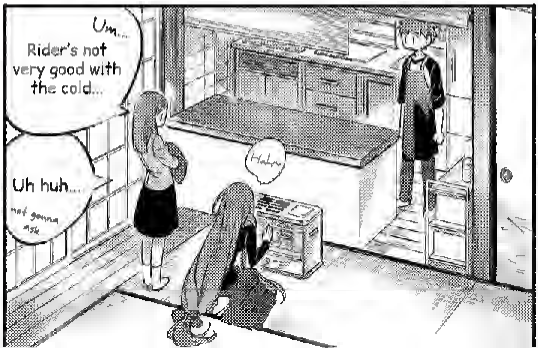
Better go ahead and start soaking the konbu
It's better to let it soak at least 30 minutes if possible


And that takes care of the initial prep work
Then just dry it, and done.
That'll help remove the fishy odor
Pat down thoroughly with a paper towel to make sure it is dry
Once the fish begins to sweat,
run it under some hot water then immediately dip it in ice water
15 minutes later


We're back~

Nah, it's fine, the prep work is almost all done already.
We're having nabe
Sink
Senpai, can I help with getting ready for dinner?

Oh, welcome back you two. You came together?
Part Time Job
Club
Mmhm! We met up on the way here


Um... Rider's not very good with the cold...
Uh huh...
not gonna ask
Hahn

Things like shungiku naganegi, or asari can be tossed in just before serving
For the rest of the ingredients
Go ahead and put all of them in except the few that will cook fast anyway.
Later
Once it comes to a boil, take out the konbu and add the soy souce, mirin, sake, and salt.
They gave me some mikan!
I'm here! Hey Shiro, take a look at these!
Well, it's no harm I guess
Okay.
I can't just turn them down when someone's giving them to me!
Oh come on, we still have a whole box of those left!
Anyway, I'm raising everyone's mikan quota!
Food's ready!

Dinner is served.
FWOOSH
oooohhh
Well then,
thank you for the food.

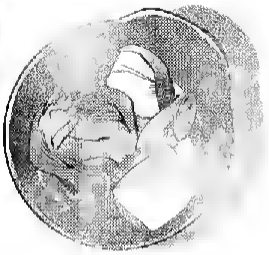
slurp
ahh hot
chomp

Nom
Plewl
Haha
This really warms you up
And the soup is delicious
This cod is pretty tasty! The asari, too
seconds pwease

empty
steam
steam
Yes, but it tastes good even if I cannot see it, Shire
Rider, your glasses are fogged all up
Still hungry, Saber?
..it's all gone
Oh..
I have a little something to finish up with
Well, for anyone with some room left...
Ah, no-
that's not-
Did it look that way?
Jump
A little.
scrub scrub

Pour in the rice and put on a weak to medium flame. Not too hot. Don't stir too much, ehmen.
Pick any leftovers out the soup and skim the scum.
Run the rice under some water to remove the stickiness, then make sure all the water is drained.
fwooh
And there you have it
Zousui.
Finish it off with a beaten egg and a sprinkle of the mitsuba.
It's always nice to have something to finish the meal off right with! The egg looks so fluffy~
Yep, you gotta have this on nabe nights. The noodle version is good too though.
indeed
nod nod
delish!
Magnificent, Shiro!
yeah yeah

So, how was it, Saber? Enjoy your first nobe?
Thanks for the food
Yes, extremely
I also very much enjoyed eating together with everyone gathered around the some pot.
You got it.
I would love to do it again some time, Shiro.
Then I shall have some!
Oh, right...
And we've got plenty of mikan for dessert!



Piping Hot Yosenabe and Zousui Finisher

Ingredients (serves 4)

Stuff for the nabe

Cod (or other white fish)	4 fillets
Prawn	4~8
Asari (or hamaguri)	100~150g
Hakusai	1/4 head
Naganegi	2~3
Shiitake	4~8
Enoki	1 bunch
Shungiku	1 bunch
Momen Tofu	1 block (~350g)
Ginger	1/4 piece (~3g)

*Generally you can use whatever you want though

Stuff for the soup

this is (A)

Water	6 cups
Soy sauce	3 tbsp
Mirin	3 tbsp
Sake	5 tbsp
Salt	1 tsp
Katsuodashi powder	1 tsp

Stuff for the Zousui

Rice	~2 rice bowls
Egg	1 egg
Mitsuba	1 bunch

How to Yosenabe

This is to remove the "fishy" smell and help lock in the flavor.

1. Put the konbu and 6 cups of water into the pot.
2. Lightly salt the cod and let it sit for 15 to 20 minutes, until it begins to sweat. Pour hot water over the skin side, then dip in ice water before drying with a paper towel or similar.
3. Remove the sand from the asari (or hamaguri) with salt water. Use a toothpick to devein the prawn.
4. Cut the vegetables and tofu into bite-sized pieces and grate the ginger.
5. Take the pot from 1 and apply a medium flame. When it begins to boil, remove the konbu and add the seasonings (A) and let it simmer.
6. Add the remaining ingredients, excluding the shungiku and shellfish, starting with the ingredients that take the longest to cook.
7. Keep an eye on it, and when it seems ready check the flavor. If it's fine, add the shungiku and asari/hamaguri. When the shells open, dig in!

To finish off the nabe!

How to Zousui

1. Take out whatever is food is left in the pot and skim off any scum from the soup.
2. Wash the rice and drain with a colander. Cut the mitsuba in ~2 cm pieces.
3. Some of the soup will have boiled off, so add a bit of water or dashi as necessary.
   Add the washed rice and apply a weak to medium flame.
4. Once it starts looking good, increase to a high flame and add the egg and mitsuba. Let the egg cook a bit, and you're done!

Credits:

Based off original work by: Type Moon
Manga by: TAG
Culinary supervisor: Tadano Makoto

Notes:

(There will be a separate page for what all the ingredients are.)

If you are familiar with the F/SN game, you may remember that location where Shiro always went shopping. Apparently it's called the Mount Miyama Shopping District (マウント深山商店街). Who knew?

"Nabe" basically means "hot pot", and is used to refer to a variety of dishes made using one. They generally consist of a soup base and various roughly-bite-sized ingredients.

An important characteristic of nabe dishes is that they are served in the pot at the table, usually on top of a portable gas stove (or one built into the table, like at some specialty restaurants). This gives them an image of a sort of communal or family meal, as everyone is eating out of the same pot (and in many cases, you are cooking some ingredients in the pot together as well).

They are especially popular in the winter as:
1.) The hot liquid helps warm you up
2.) They're a good excuse to huddle around a fire/steaming pot

"Yosenabe" is a variant where a large variety of ingredients are all cooked in the pot together. The "yose" comes from the verb "yoseru," which means "to bring together" (among several other things, it's quite the multi-purpose verb).

Sprinkling salt on fish and letting them sit is less done for flavoring, and more because:
1.) It gets rid of some of that slightly unpleasant "fishy" smell. This happens because the salt draws out some of the moisture in the fish, and with it comes the chemical trimethylamine, the primary cause of that smell.
2.) It strengthens the flavor of the fish by converting some otherwise-flavorless proteins into savory amino acids such as glutamic acid.
3.) As a side effect of (2) (I assume), the outer layer of the fish congeals slightly. This locks the juices and flavor inside so they don't leak out and get diluted by the soup. It also makes it so the meat doesn't fall apart as easily, so it's easier to pick up and eat.

The onion is sliced diagonally to both allow it to cook faster, and to increase the surface area of the "cut" section, which allows more of the juice(?) to leak out.
In contrast to the fish, you want that to happen as it is used to balance the flavor of the soup.

Mikan are a citrus fruit. They are kind of like small oranges, but extremely easy to peel with just your fingers, seedless, sweeter, and grow well in cold weather.
They pretty much own super hard and are absolutely amazing.
They are grown in large quantities in Japan, and are a popular winter snack.
You've probably seen an anime/manga character sitting in a kotatsu eating one before.
Lots of people receive boxes of them from relatives who live near a farm,
so they are common gifts as well, as seen in this chapter.

"Scum" sounds gross, but it's mostly just fat and stuff that has been drawn out of the food through the boiling process, so it's not THAT gross. Looks kinda ew though.

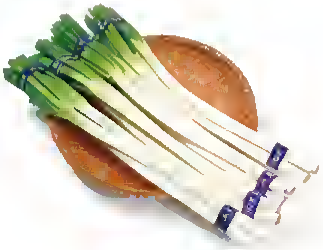
Zousui (sometimes romanized "Zosui") is a soup dish made with rice (or noodles, such as udon or ramen) and, often, the leftover soup from a nabe dish. Nabe dishes often don't have any rice in them, so this is a popular way to get some rice with your meal when having nabe (and as stereotypical as it sounds, most Japanese people really do prefer to have some rice with most meals). It is similar to okayu/rice porridge, the Japanese equivalent of chicken soup for sick people.

The rice for the Zousui should be already cooked, though that isn't mentioned because it is a given that you'll have some rice prepared. So, you're not "washing" the rice like you would unprepared rice, it's more like rinsing it so it's not as sticky (Japanese white rice is very sticky).

The tablespoon/teaspoon measurements are used in Japan as well, though the words are "big spoon" (大さじ) and "little spoon" (小さじ).

Hakusai
aka Napa cabbage or Chinese cabbage
Extremely common ingredient in Japanese cooking.

Naganegi (or just Negi)
aka Welsh onion or Japanese bunching onion.
Another extremely common ingredient in Japanese cooking.

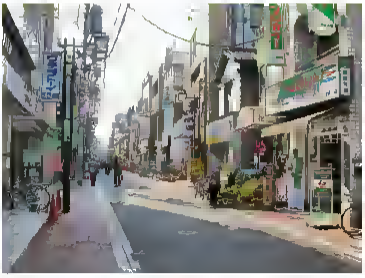


This is the thing Farfetch'd carry in Pokemon.
(The Japanese name of Farfetch'd is Kamonegi.)
(Kamo means duck.)
There is a saying in Japanese, "a duck came carrying a negi"
The idea is that both are delicious, so just one is good, but together they are even better (basically).
It's used to describe situations that are almost unbelievably lucky, like a duck coming up to you carrying a negi.

Enoki Mushrooms
They look like this->
All the little individual ones are connected at the roots, so generally you need to remove that before eating/cooking them.
A common ingredient in Japanese cooking.

Mitsuba

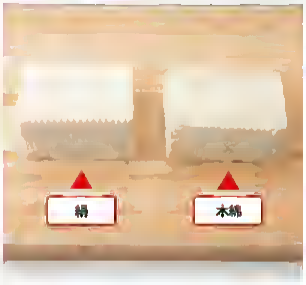
Means "three leaves", and is commonly used as a garnish, like parsley.



Tofu

Tofu is divided into two categories: momen and kinu. Momen (cotton) refers to tofu that was pressed and thus is firmer and has less water content. Kinu (silk) is not pressed, and thus is "wetter" and extremely soft (making it a pain in the butt to pick up with chopsticks imo).

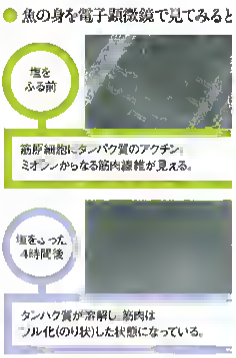
Kinu Momen



Rice bowl (Chawan)

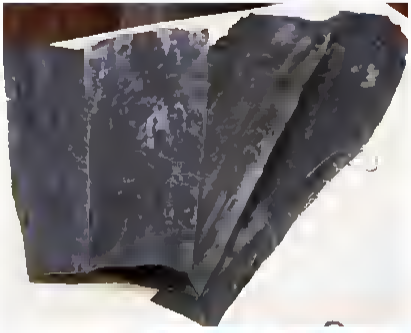
Actually means "tea bowl", but in modern day Japan most often refers to bowls like this-> that are used to eat rice from. They tend to be around the same size, though it's not an official measurement or anything.

An example of what happens when you do that salt thing to fish, as seen through an electron microscope. The top one is pre-salt, the bottom one is after leaving it for 4 hours (though you get some effect with less time of course).



Using konbu to make dashi. Dashi is basically soup stock, typically made with konbu and/or katsuobushi. Konbu is a kind of kelp. Also called kombu.

This is what it usually looks like when you buy it.



Here is some katsuobushi, aka bonito flakes. It is thin shavings off a katsuo fish (skipjack tuna) that has been smoked and fermented. Extremely common in Japanese food, both as an ingredient of dashi and as a topping on various dishes.

Shungiku
aka edible chrysanthemum
Very common as an ingredient in various nabe dishes

Prawn (Ebi)
Large shrimp, can refer to various species

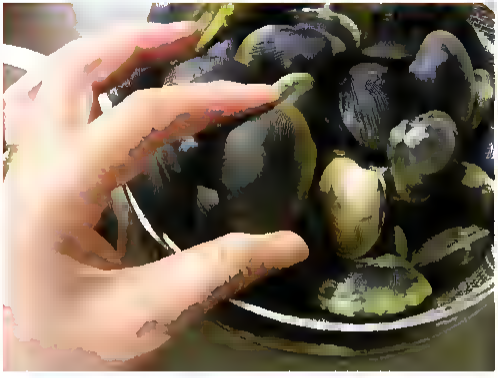
Cod (Tara)
White fish.
Usually look like this when you buy them in stores-> These slices are what is being refered to as "fillets" in the ingredients list.

Shiitake
Famous mushroom, very popular in Japanese food, especially in nabe and soups.
Fairly tough and chewy.

Mirin
A very common ingredient in Japanese cooking, often used in combination with soy sauce, vinegar, dashi, miso, and/or cooking sake. It is a kind of rice wine, like sake, but with less alcohol and more sugar content.

Mikan
and
Kotatsu
Kotatsu are tables with a heater under them and a blanket like this--> Generally only used in the winter.

Asari
Type of clam commonly eaten in Japan.



Hamaguri
Like asari but bigger, basically